

FAST FACTS FOR EMPLOYERS

Help keep your workforce and their families healthy.
Refer your employees to WIC.



WHAT IS WIC?

WIC is a nutrition program that provides nutrition and health education, healthy food and other services free of charge to Massachusetts families who qualify.

WHAT DOES WIC OFFER?

WIC's goal is to help keep kids under 5 and pregnant and breastfeeding women healthy. To do this, WIC provides:

- Personalized nutrition consultations
- Checks to buy free, healthy food
- Tips for eating well to improve health
- Referrals for medical and dental care, health insurance, child care, housing and fuel assistance, and other services that can benefit the whole family

But that's not all! WIC also offers immunization screening and referral, breastfeeding support, and nutrition and health workshops on a variety of topics including meal planning, maintaining a healthy weight, caring for a new baby, and shopping on a budget.

1-800-WIC-1007
www.mass.gov/wic

ARE MY EMPLOYEES ELIGIBLE FOR WIC?

Many working families are eligible for and participate in the WIC program. A family of four can make up to \$40,793 a year and still be eligible.

HOUSEHOLD	YEARLY	MONTHLY	WEEKLY
1	\$20,036	\$1,670	\$386
2	26,955	2,247	519
3	33,874	2,823	652
4	40,793	3,400	785
5	47,712	3,976	918
6	54,631	4,553	1,051
7	61,550	5,130	1,184
8	68,469	5,706	1,317

If you are pregnant, you should count yourself as two.





OFFERING FAMILIES
**GOOD FOOD & A
WHOLE LOT MORE**

WHY SHOULD I MAKE WIC INFORMATION AVAILABLE IN MY WORKPLACE?

WIC provides a range of benefits you can offer to employees who qualify – at no cost to your company.

WIC has been proven to keep kids and moms healthy. Having healthy kids means fewer sick days for your employees.

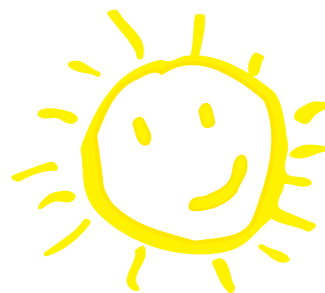
Research shows that WIC participants are less likely to have pregnancy-related health problems such as anemia and low birth weight babies. Children who participate in WIC have increased vitamin intakes, lower rates of anemia, and better immunization rates. WIC participation has also been shown to reduce infant mortality.

DO MY EMPLOYEES HAVE TO MISS WORK TO GO TO WIC APPOINTMENTS?

Local WIC offices have Saturday and evening hours, ensuring that employees will not have to leave work to apply for benefits or attend appointments.

HOW CAN WIC WORK FOR YOUR COMPANY?

To learn more, call 1-800-WIC-1007 or visit www.mass.gov/wic



WHAT CAN I DO TO TELL MY EMPLOYEES ABOUT WIC?

- Put information about WIC in your benefits package
- Customize WIC's sample email and send to your company's employees
- Include information about WIC in your employee newsletter
- Call 1-800-WIC-1007 for more ideas and information

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www.mass.gov/wic

WIC Nutrition Program
Nutrition Division • MA Department of Public Health
TDD/TTY: 617-624-5992

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